Kinesiology (KIN)

Courses

KIN A112 First Aid and CPR for Professionals 1 Credit
Provides CPR (infant, child, and adult) and first aid training. Successful completion of performance skills and written test will lead to national certification in first aid and CPR.

KIN A115 Fitness Leadership/Group Fitness and Personal Training 3 Credits
Presents concepts of personally tailored fitness programs for a wide variety of individuals, including those with common health challenges. Introduces basics of cardiorespiratory, metabolic, neuromuscular, environmental exercise physiology, biomechanics and kinesiology in regard to safe exercise. Provides information on nutrition and weight loss, injury prevention, basic emergency procedures, legal issues, and professional responsibilities of fitness instructors and personal trainers.

KIN A130 Introduction to Coaching 3 Credits
Explores the purpose and objectives of interscholastic athletics. Presents principles of coaching, including: common teaching and learning styles, scientific foundations of physical activity, season planning, and the development of a personal coaching philosophy. Also examines common sports safety issues as well as basic injury prevention and treatment. Reviews guidelines and requirements for Alaska high school coaches.

Special Note: Successful completion results in eligibility for certification as a high school coach in Alaska.

KIN A161 Wilderness First Responder 4 Credits
Provides knowledge and skills necessary to administer emergency and medical care in non-urban environments. Covers basic anatomy and physiology, assessment and treatment of injuries, appropriate short-term to multi-day patient care and evacuation considerations.

Special Note: Students will be awarded nationally recognized WFR certificate upon successful completion of course and other certification requirements.

KIN A181 Introduction to Kinesiology 3 Credits
Introduces the scientific foundations, history, philosophies and objectives of kinesiology. Surveys career and professional development opportunities.

Special Note: Community engagement required.

KIN A182 Fundamentals of Biomechanics 2 Credits
Introduces basic mechanical principles of physical activity and exercise. Covers the theoretical and practical basis of motor patterns and phases, assessing movement in both quantitative and qualitative forms.

KIN A230 Sport Ethics 1 Credit
Emphasizes the role of the coach in building character, good sportsmanship, and positive values in athletes. Covers teachable moments, positive communication, and teamwork.

KIN A231 Drugs and Sport 1 Credit
Emphasizes the role of the coach in preventing tobacco, alcohol, and other drug use among athletes. Covers how to communicate effective substance abuse prevention messages and respond to athletes who exhibit symptoms of concern.

KIN A233 Coaching Track and Field and Running 2 Credits
Introduces track and field and running coaching techniques including creating a physical conditioning plan, developing skills and handling competitive events.

KIN A262 Foundations of Outdoor Recreation 3 Credits
Introduction to the field of outdoor recreation and leadership including implications for individuals and groups in changing society. Examines philosophical, historical, theoretical, legal and ethical foundations of the field. Explores career opportunities and options. Examines leisure and recreation as an expression of culture, society and wellness.

KIN A264 Recreation Program Planning and Evaluation 3 Credits
Examines the fundamental, conceptual and operational aspects of recreational program planning, delivery and evaluation. Examines techniques and applications for a variety of leisure and recreational programming experiences to individuals or groups. Evaluates the socio-cultural, ecological, economic, entrepreneurial and managerial dimensions of providing recreation opportunities.

Prerequisites: KIN A181.

KIN A266 Introduction to Safety and Risk 3 Credits
Introductory course in safety and risk management for outdoor professionals. Covers industry standards and best practices in the areas of planning and decision making to minimize risk in outdoor situations. Discussions will cover accident/incident preventions as well as organization liability for outdoor service providers.

KIN A275 Media and Strategic Communication for Outdoor Professionals 3 Credits
Introduces the promotion of personal and business persona through digital communications for outdoor professionals. Topics include basic branding concepts, communicating across social media platforms, applied marketing techniques for social media, outdoor related content creation, and ethical/legal considerations in the outdoor industry.

Registration Restrictions: Instructor approval

Prerequisites: WRTG A111 with a minimum grade of C or concurrent enrollment or WRTG A1W with a minimum grade of C.

KIN A280 Leadership in Kinesiology 3 Credits
Examines key concepts, theories and philosophies related to leadership in the health, fitness, rehabilitative and recreation fields. Surveys common leadership styles, traits, skills, techniques and theories. Introduces outcomes-based development and assessment.

Special Note: Community service required.

Prerequisites: KIN A181 with a minimum grade of C.

KIN A281 Leadership in Activities for Special Populations 2 Credits
Examines key concepts and presents a variety of activities adapted to meet the needs of special populations. Presents information and current research related to various disabilities. Examines and applies strategies for promoting physical activity experiences for individuals with special needs.

Special Note: Community engagement is required.

Registration Restrictions: Department approval

Prerequisites: KIN A280 with a minimum grade of C.
KIN A282 Leadership in Initiative Activities 2 Credits
Examines key concepts and activities for facilitating experiential leadership, team-building, and personal growth initiatives. Presents a variety of game types, including those designed as icebreakers, de-inhibitizers, team-builders, for cognitive development and for character development. Introduces planning, preparation, props, techniques, leadership, and safety, with an emphasis on facilitation and de-briefing.
Registration Restrictions: Department approval
Prerequisites: KIN A280 with a minimum grade of C.

KIN A284 Leadership in Fitness Activities 2 Credits
Examines key concepts associated with leading individual and small-group fitness activities. Presents skills and techniques related to small-group fitness instruction and personal training. Introduces behavior change models and strategies for promoting positive personal health and wellness.
Registration Restrictions: Department approval
Prerequisites: KIN A280 with a minimum grade of C.

KIN A285 Leadership in Team Activities 2 Credits
Examines key concepts and activities associated with team activities. Presents a variety of motor skill themes and movement concepts in a progression from the precontrol to the proficiency level. Examines preparation for game play through combining of skills, using skills in more complex ways, and utilizing offensive and defensive strategies.
Registration Restrictions: Departmental approval
Prerequisites: KIN A280.

KIN A286 Leadership in Recreation and Sport Activities 2 Credits
Examines key concepts associated with recreation and sports activities. Presents skills and techniques related to leading recreation and sports activities. Examines preparation for game play through progressive skill development, modifications and utilizing game strategies.
Registration Restrictions: Department approval
Prerequisites: KIN A280 with a minimum grade of C.

KIN A287 Leadership in Outdoor Recreation Activities 2 Credits
Examines key concepts and activities associated with outdoor recreation. Presents a variety of outdoor recreation activities. Introduces planning, preparation, equipment, techniques, leadership, environmental ethics, and safety.
Registration Restrictions: Department approval
Prerequisites: KIN A280 with a minimum grade of C.

KIN A289 Prevention and Care of Activity-Related Injuries 3 Credits
Introduces the profession of athletic training. Examines theories and practices in preventing, recognizing and treating common activity-related injuries.
Prerequisites: BIOL A111 and BIOL A112.

KIN A295 Outdoor Leadership Internship 2-3 Credits
Individualized internship intended to provide hands-on experience in the areas of outdoor recreation and leadership adventure tourism, or adventure filmmaking. Internship project focus will vary depending on student interest and internship availability, but in addition to on-site work experience and skill development, students will examine aspects of professionalism and workplace dynamics within one or more of these three areas of the outdoor leadership field. Internships may be paid or unpaid. Students will meet with the instructor throughout the internship to discuss, process, and assess their growth and learning during the course.
Special Note: May be repeated for a maximum of 3 credits.

KIN A295A Practicum 1 1 Credit
Focuses on the practical application of theories, concepts and skills obtained through coursework. Field-based learning experiences will take place in approved educational, worksite or agency settings.
Special Note: Extensive community engagement required.
Registration Restrictions: Sophomore, junior or senior standing; and department approval
Prerequisites: KIN A280 with a minimum grade of C.

KIN A345 Incorporating Health and Physical Activity into the Pre-K - 6 Classroom 2 Credits
Examines the relationship between physical activity and learning based on brain research, cooperative learning models, and multiple intelligences. Builds content and behavior knowledge to enhance learning and strategies for making positive behavior changes for elementary education and early childhood majors. Includes a variety of methods and activities for adding physical activity and health into lesson instruction. Emphasizes how key health and physical activity concepts relate to state standards: promotes positive attitudes, working with families, and developmentally appropriate curriculum strategies.
Prerequisites: EDEC A107 or PSY A365.

KIN A346 Lower Body Injury Assessment Skills 3 Credits
Focuses on the recognition and assessment of athletic injuries. Emphasizes lower-body injury assessment skills and proficiencies.
Registration Restrictions: Department approval
Prerequisites: BIOL A111 and BIOL A112 and KIN A251.

KIN A347 Upper Body Injury Assessment Skills 3 Credits
Focuses on the recognition and assessment of athletic injuries. Emphasizes upper-body injury assessment skills and proficiencies.
Registration Restrictions: Department approval
Prerequisites: KIN A346.

KIN A363 Natural History Interpretation and Environmental Education 3 Credits
Introduces skills for reading and interpreting the natural environment. Illustrates geological, biological, and cultural factors to participants or clients. Also covers environmental education strategies and techniques.
Prerequisites: PHIL A303.

KIN A365 Outdoor Leadership Theory and Practice 3 Credits
Presents theories of leadership with emphasis on adventure programming application. Covers leadership styles, power, motivation, followership, group dynamics, diversity, safety and ethics.
Registration Restrictions: Department approval
Prerequisites: KIN A262 and KIN A264 and KIN A280.
KIN A382 Kinesiology and Biomechanics 4 Credits
Examines the anatomy, structure, function and biomechanics of human movement. Students will analyze movement and constraints within the mechanical systems and identify potentially injurious movements. Investigates the mechanisms of correct pathological movements from a biomechanical perspective.
Registration Restrictions: Department approval
Prerequisites: BIOL A111 and BIOL A112 and KIN A182 with a minimum grade of C and (MATH A121 or MATH A151 or STAT A200).

KIN A383 Movement Theory and Motor Development 3 Credits
Explores the behavioral, physiological and psychological principles underlying motor control and motor learning. Examines classification and measurement of motor performance, function of sensory processes, perception, memory, and attention.
Registration Restrictions: Department approval
Prerequisites: BIOL A111 and BIOL A112 and KIN A182 with a minimum grade of C.

KIN A384 Cultural and Psychological Aspects of Health and Physical Activity 3 Credits
Investigates the dynamic relationship between psychological issues and health behavior adherence and/or physical activity performance. Analyzes the interaction between physical activity and society.
Registration Restrictions: Completion of GER Tier 1 (basic college-level skills) courses, junior or senior standing, and department approval
Prerequisites: PSY A111 or PSY A150.
Attributes: UAA Integrative Capstone GER.

KIN A385 Physiology of Exercise 4 Credits
Analyzes the reciprocal relationship between physical activity and the biochemical and physiological processes of the human body. Exercise metabolism, cardiopulmonary function, adaptations to training, and environmental factors are addressed, as well as exercise training guidelines. Covers acute responses and adaptations of the body to the stresses of exercise.
Registration Restrictions: Department approval
Prerequisites: KIN A382 with a minimum grade of C.

KIN A386 Current Issues in Health and Wellness 3 Credits
Examines current issues related to personal health and wellness. Focuses on subjects related to preventive and lifestyle medicine and healthy behaviors.
Special Note: Community engagement required.
Registration Restrictions: Junior or senior standing and department approval
Prerequisites: KIN A295A with a minimum grade of C.

KIN A395 Practicum II 1 Credit
Prepares students for their internship experience with an in-depth application of theories, concepts and skills obtained through coursework. Field-based learning experiences will take place in approved educational, worksite or agency settings.
Special Note: Extensive community engagement required.
Registration Restrictions: Junior or senior standing and department approval
Prerequisites: KIN A295A with a minimum grade of C.

KIN A453 Health Promotion 3 Credits
Focuses on understanding health behaviors and the development of intervention strategies to modify health risk behaviors. Examines various health promotion settings and the role of the health/fitness professional.
Registration Restrictions: Departmental approval, and junior or senior status
Prerequisites: BA A151 and KIN A280.

KIN A455 Cardiac Rehabilitation and Special Populations 4 Credits
Focuses on exercise as an integral part of medicine by assisting in the diagnosis of cardiovascular disease and by serving as an adjunct to traditional medical practice in the treatment of persons with cardiovascular and other chronic diseases and disabilities. Emphasizes the pathophysiology and detection of diseases, medical management, and exercise therapy program design.
Registration Restrictions: Departmental approval
Prerequisites: KIN A385 and KIN A484.

KIN A464 Outdoor Recreation Administration 3 Credits
Analysis of the administration, operation, policies, practices, and procedures of recreation programming and provider organizations. Course includes logistics, public policy, land use/management and permits, personnel recruitment, assignment, training, and evaluation, resource allocation, risk management, insurance, and scheduling. Examines development of organizational mission, values, strategic planning, funding sources, and facilities.
Prerequisites: KIN A181 and KIN A262 and KIN A264 and KIN A280.

KIN A467B Climbing-Based Outdoor Leadership 2 Credits
Presents techniques and strategies of outdoor leadership in the alpine or climbing environment. Emphasizes application of leadership skills in field-based experiences. Covers planning, organization, logistics, rope systems, anchors, environmental considerations, decision making, judgment, and safety.
Registration Restrictions: Department approval
Prerequisites: PER A146 and PER A147 and (PER A148 or PER A181) and KIN A365.

KIN A467C Land-Based Outdoor Leadership 2 Credits
Presents techniques and strategies of terrestrial-based outdoor leadership in all seasons. Emphasizes application of leadership skills in field-based experiences. Covers planning and organization, logistics, campcraft, environmental considerations, decision making and judgment, and safety.
Registration Restrictions: Department approval
Prerequisites: ((PER A168 and PER A170) or (PER A169)) and KIN A365.

KIN A467D Water-Based Outdoor Leadership 2 Credits
Presents techniques and strategies of water-based outdoor leadership. Emphasizes application of leadership skills in field-based experiences. Covers planning, organization, logistics, lead paddling considerations, environmental considerations, decision making, judgment and safety.
Registration Restrictions: Department approval
Prerequisites: (PER A151 or PER A152 or PER A153) and KIN A365.
KIN A484 Exercise Testing and Prescription 4 Credits
Provides the student with an understanding of techniques necessary for exercise test administration, evaluation and prescription for healthy populations. Emphasizes testing protocols, the evaluation of results and the design of individual exercise prescriptions based upon the results.
Special Note: The course includes hands-on practical experience with a competency-based assessment.
Registration Restrictions: Junior or senior standing and department approval
Prerequisites: KIN A385 with a minimum grade of C.

KIN A486 Standards and Assessment in Kinesiology 3 Credits
Introduces measurement theory, instruments and procedures for data collection. Covers statistical concepts and methods used in kinesiology-related assessments.
Registration Restrictions: Department approval
Prerequisites: KIN A280 with a minimum grade of C and (MATH A121 or MATH A151 or STAT A200).

KIN A487 Administration and Supervision in Kinesiology 3 Credits
Critiques and evaluates the technical, leadership, and supervisory skills necessary to safely and effectively administer kinesiology-related programs. Presents theoretical, practical and research perspectives.
Registration Restrictions: Junior or senior standing and department approval
Prerequisites: BA A151 with a minimum grade of C and KIN A280 with a minimum grade of C.

KIN A490 Selected Topics in Health, Physical Education and Recreation 1-6 Credits
Examines selected topics in the health, physical education and recreation industry according to industry demand or faculty expertise.
Special Note: Prerequisites may be required depending on selected topic. Course may be repeated with change in topic.
Registration Restrictions: Department approval

KIN A495 Internship 6 Credits
Advanced professional experience in an approved position with supervision and training in health, physical education and recreation programming.
Special Note: Special clothing and equipment may be required.
Registration Restrictions: Successful completion of a minimum of 12 hours of upper-division courses; a minimum grade of C in all Kinesiology (KIN) courses with a minimum cumulative GPA of 2.75; current CPR/First Aid certification; senior standing; admission to the Bachelor of Science in Kinesiology and instructor approval.
Prerequisites: KIN A395 with a minimum grade of C.

KIN A645 Methods in Elementary Physical Education 3 Credits
Applies theory and practice necessary for facilitating learning, providing positive behavioral supports, evaluating programs, and developing curriculum within the elementary physical education classroom ecology.
Special Note: Concurrent enrollment in an internship is required.
Registration Restrictions: Departmental approval.
Prerequisites: EDFN A478 and EDFN A602.

KIN A646 Methods in Secondary Physical Education 3 Credits
Applies theory and practice necessary for facilitating learning, providing positive behavioral supports, evaluating programs, and developing curriculum within the secondary physical education classroom ecology.
Special Note: Concurrent enrollment in an internship is required.
Registration Restrictions: Departmental approval.
Prerequisites: EDFN A478 and EDFN A602.